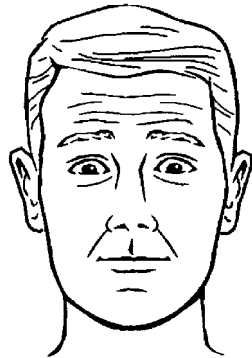
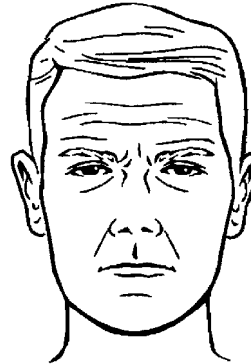


Facial Exercises

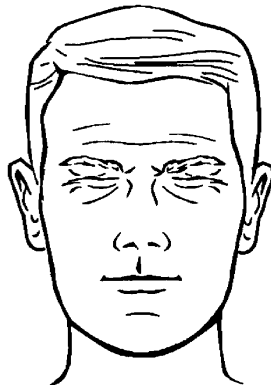
1. Raise your eyebrows to make wrinkles in your forehead.



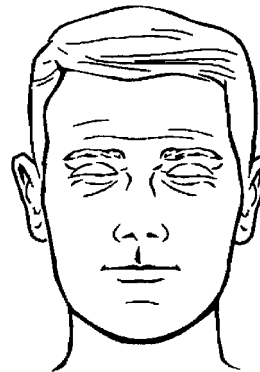
2. Frown.



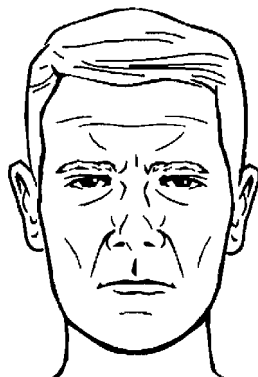
3. Close your eyes very tightly.



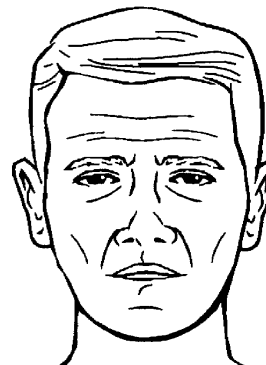
4. Keep your eyelids closed, then open your eyes as wide as possible.



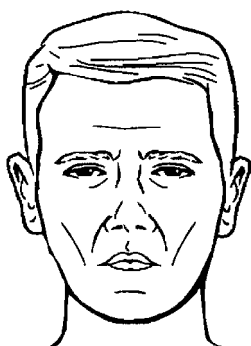
5. Wrinkle your nose.



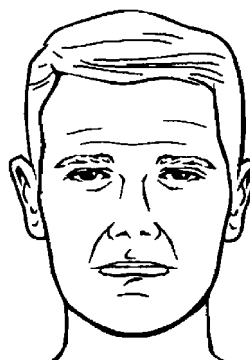
6. Stick out your upper lip.



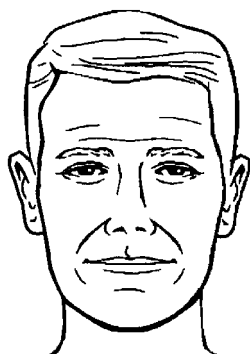
7. Purse your lips as if to whistle.



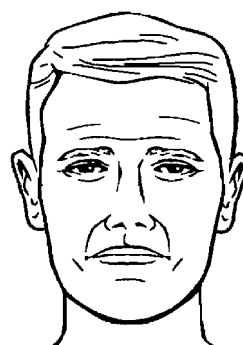
8. Pout by making your lower lip stick out.



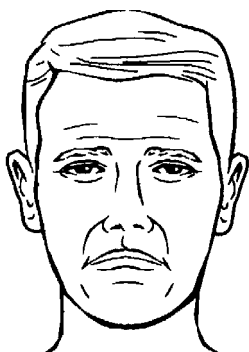
9. Smile.



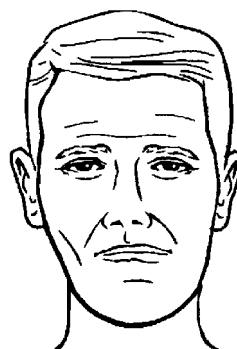
10. Tighten your lips across your teeth. Draw the corners of your mouth to the sides.



11. Draw down the corners of your mouth.



12. Move your mouth from side to side.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.